

WOODBURY PARKS AND REC  
Invigorating & Transformative Yoga

*with Megan*

**VINYASA YOGA &  
iREST YOGA NIDRA:**

Yoga poses for strength, balance and flexibility and Yoga Nidra for inner peace.

**Two Options (ages 14+):**

Mondays - 6:15 PM

Wednesdays - 8:30 AM

60 minutes (without Yoga Nidra)

90 minutes (with Yoga Nidra)



**INSTRUCTOR:**

**MEGAN LUTZ ~ C-IAYT, E-RYT 500**

**REGISTER AT:**

**[WWW.WOODBURYPARKSANDREC.ORG](http://WWW.WOODBURYPARKSANDREC.ORG)**